

COLLEGE — TRACK AND FIELD

ACADEMY OF ART UNIVERSITY

SHAREEZ HAMM

Hurdler / Sprinter

Junior

Shareez is a very hard working athlete, he is very diligent, purposeful and goal oriented. Shareez is also one the strongest athletes on the Men's Track & Field team (BW: 170, Clean: 225, Squat: 305). Shareez is an All-PacWest conference and All-American performer in the 400mH, 110mH, 4x100m relay and 4x400m relay. ~Brian Hernandez

ALBANY STATE UNIVERSITY

KOBE RUSSELL

Senior

Kobe has been the model of consistency during his time at Albany State. He is a sprinter and javelin thrower. His weight room number include 425 lb. back squat, 260 lb. bench press, 265 lb. clean. ~Troy Williams

APPALACHIAN STATE UNIVERSITY

PATRICK FREEMAN

Pole Vault

Sophomore

Patrick's energy on and off the weight room is contagious and his work ethic is unmatched. His coaches speak very highly of him, not only for his skill set, but also for the intangibles he brings to the table. Patrick is the type of athlete that will do whatever it takes to continue getting better and it's evident in the weight room the work that he has put in during his time at App State to make him the athlete he is today. Patrick's ceiling is only going to continue getting better and better as he continues fine tuning his technique on the mats. ~Henry Murray

AUGUSTANA UNIVERSITY

KALY BANKS

Jumps

Senior

Kaly has shown a great commitment to strength and conditioning throughout her career. She has worked hard in the weight room regardless of season or outside factors. She is a multiple time NSIC All-Academic Team of Excellence honoree and holds the team record in the squat. Kaly will certainly continue to strive for excellence following her career as a student-athlete. ~Andrew Stocks

AUGUSTANA UNIVERSITY

KAITLYN MULDER

Sprints

Senior

Kaitlyn's dedication to strength and conditioning has led her to many personal records both on the track and in the weight room. She has shown tremendous commitment in all facets of training. She has been named to the NSIC All-Academic Team of Excellence multiple times and has held the record in the squat. Kaitlyn has been a pleasure to coach and we look forward to her continued success. ~Andrew Stocks

AUGUSTANA UNIVERSITY

JOSH SCHUMACHER

Sprints/Hurdles

Senior

Josh brings great passion to training on a daily basis. He is in constant pursuit of personal records on the track and in the weight room. He has been named to the NSIC All-Academic Team of Excellence multiple times and is a CoSIDA Academic All-District First Team honoree. Josh's ability to have fun while working hard will serve him well in the future. ~Andrew Stocks

COLLEGE — TRACK AND FIELD

BUFFALO STATE COLLEGE

KASSIDY MANKE

Distance

Senior

Kassidy has been a quiet and hard-working student-athlete during her time here at Buffalo State. She has endured a number of changes in her program but has continued to be consistent with her work ethic. She has learned new training styles and had new coaches and she has adapted to each change without complaining. She is a great example to her teammates of how to behave like a professional. She continues to excel in the classroom despite the challenges she has encountered during her athletic career. ~Nathan Young

CAMPBELL UNIVERSITY

JENNA DANKERT

Throws

Senior

Jenna's commitment to her own athletic development is unmatched by her peers. She consistently reaches out for extra training sessions as well as recovery and mobility sessions when she is in-season. Furthermore, Jenna is the ultimate teammate leading from the front and never shying away from hard work. She comes into the weight room with a killer mindset day in and day out solely with the goal of maximizing her potential. In addition to all of her training successes, Jenna is the reigning Big South Champion in the javelin throw and has countless podium finishes during her career at Campbell. ~Matt Rodriguez

CARROLL UNIVERSITY

STEVEN HERMSEN

Throws

Senior

Steven is the definition of what a student-athlete should strive to be. Through focus and dedication to the sport of track & field and strength & conditioning, Steven has propelled himself into an elite category. The Spring of

2021 saw Steven become the NCAA D3 National Champion in the Men's Discus, throwing the 13th Longest Throw in Divisional history with a throw of 57.20 Meters. This throw ranked top 50 in the United States and top 200 in the world. Hermesen's other athletic accomplishments include being named all-region, two-time conference champion in the discus and shot put events, the CCIW Field Athlete of the Meet, and breaking the Carroll University discus record.

Steven is equally dedicated to the classroom as well as the track. A Pre-Physical Therapy Major, has a 4.0 cumulative GPA, was named 2021 CoSIDA Division III Men's & Women's Track & Field Academic All-American First Team selection. He was also named the 2021 Division III Men's Outdoor Track & Field National Scholar Field Athlete of the Year. Steven continues to be an inspiration and is proof of what is possible when you do the little things necessary to accomplish your goals. ~Peter Delzer

CARROLL UNIVERSITY

EMILY UITENBROEK

Throws

Senior

Emily Uitenbroek is the definition of perseverance. Her event of expertise is the hammer throw and she has dedicated herself to the process. From barely qualifying for a conference championship as a freshman to becoming the conference champion and record holder as a senior. She doubled down on this success and in the 2021 season she became the NCAA DIII National champion in the women's hammer throw. Her throw of 58.61m (192'3") is currently the 13th best throw in the history of D-III track and field. Emily, also excels in the classroom by earning Academic All-American honors while going through the Physical Therapy program at Carroll University. ~Peter Delzer

COLLEGE — TRACK AND FIELD

CENTRE COLLEGE **ALLEN RICHARDSON**

Thrower
Senior

Allen has achieved the following: ~Carter Conley

CLEMSON UNIVERSITY **HARLEIGH WHITE**

Jumps
Senior

Harleigh has set a standard for what it means to be committed to training. Her pursuit of excellence in both athletics and academics has time and again been illustrated by her daily actions. While pursuing her degree in nursing, which often required long shifts and numerous potential training disruptions, Harleigh always found a way to make up lifting sessions and get her training done. This dedication has paid off as she has continued to improve her marks, leading to qualifying and competing at the 2021 USA Olympic Trials, as well as being in high standing within the ACC year after year. Harleigh has developed into a leader that young student-athletes look to and leaves a great legacy in Clemson's weight room. ~Billy Cedar

DALLAS BAPTIST UNIVERSITY **JARED GILLEY**

Before I even worked with Track & Field, I knew that Jared Gilley was going to be a special athlete. His athletic ability is matched by his work ethic and drive. He has an air of confidence but is far from arrogant. He is one of the few athletes I have met that can tell me he's going to win a race before he even runs it and still be humble. ~Alex Spencer

DALLAS BAPTIST UNIVERSITY **MEADOW HOUSMAN**

Meadow has a smile that is almost too contagious! Her kindness and joy bring new light to the weight room. She never settles for less than her best. After taking a gap year, she came in as a freshman and has pushed even her older teammates to focus, train harder, and compete with vigor. ~Alex Spencer

DUQUESNE UNIVERSITY **EMILY BROZESKI**

Multi
Junior

Emily is one of the most coachable athletes that I have worked with. She shows up to train everyday with the desire to want to get better. Her grit and hardworking mentality has excelled her as one of our best athletes. I am excited to see her develop as a solid multi event competitor over the next year. ~Chris Gilman

DUQUESNE UNIVERSITY **ISAAC ELLIOTT**

Sprinter
Senior

Isaac has demonstrated an outstanding work ethic for training. He has bought into every aspect of our sport performance program, which has allowed him to excel as a phenomenal sprinter. He currently owns five school records and was voted last year as the 2021 A-10 Most Outstanding Track Performer at the A-10 Championships. ~Chris Gilman

COLLEGE — TRACK AND FIELD

FLORIDA A&M UNIVERSITY

CARL (CJ) BURNSIDE

800m

Senior

Carl (CJ) Burnside, Jr. a Senior 800m runner from Florida A&M University who seized the opportunity to transition from a long sprinter to a middle-distance runner for his final year of collegiate competition. In the Spring of 2021 he began an aggressive training program designed to prepare him for success over two laps. In nine months, he lost 20 pounds of muscle mass, abandoning hypertrophy-based resistance training for a strength training program full of body weight exercises, circuit training and medicine ball work. To boost his endurance, CJ met the challenge of hour runs and aerobic intervals. Meticulous, in his preparation for each workout and competition, CJ effortlessly weaves his athletic aspirations with his academic responsibilities, including a 40 hour a week internship with Florida's Department of Children and Families. ~Brian Hickey

FORT VALLEY STATE UNIVERSITY

FAITH HILL

Sprinter

Freshman

Faith loves improving her performance through strength and conditioning with great numbers in the squat of 2.75 her bodyweight and deadlift. She continues to push herself and teammates to strive for excellence. ~Korrey Hammond

FORT VALLEY STATE UNIVERSITY

JHALAN JONES

Sprinter

Sophomore

Jhalan lives for the rigor of strength and conditioning with great numbers in the squat, deadlift, bench and other lifts. His work ethic, drive and leadership can be seen in every interaction to motivate himself and teammates. ~Korrey Hammond

GEORGE MASON UNIVERSITY

JAYLEN SIMMONS

Thrower

Senior

2022 Indoor Atlantic 10 Shot Put and Weight Throw Champion. Jaylen was the Field Athlete of the 2022 Indoor Conference Championships. He is also the school record holder in both events, as well as the Atlantic 10 record holder in the shot put. In total Jaylen has won field performer 4 times and is an NCAA qualifier 2 times in the shot put. ~Randall Bungard

HOLLINS UNIVERSITY

DYMOND WILLIAMS

Sophomore

Dymond is a sophomore student-athlete on the indoor and outdoor track & field program at Hollins University. She has a relentless drive and dedication to improve every day in the weightroom and on the track that has lead to her success in her short time here at Hollins so far. Dymond continuously breaks her personal and school records in each of her events on the track as well as in the weightroom. It is a pleasure to coach and mentor such an amazing student-athlete and person like Dymond. ~Leslie Williams

HUMBOLDT STATE UNIVERSITY

JOY HANO

Hurdles / Jumps

Junior

Joy is one of the strongest pound for pound athletes on campus. Her work ethic and dedication is an inspiration to her teammates, and to all of the athletes at the university. Joy has established herself as a real threat to score points and win events, and with a possible extra year of eligibility on the horizon, the best is yet to come. We expect a season of PR's and victories for her this spring. ~Andrew Petersen

COLLEGE — TRACK AND FIELD

HUMBOLDT STATE UNIVERSITY

KEEGAN RICHARDS

Throws

Senior

Keegan originally came to Humboldt State as a member of our nationally ranked football team. When the program was discontinued, he remained at the university and joined the track team. Keegan's dedication and effort in the weight room was instrumental in elevating the performance of his new teammates; the entire group improved as a result of his great example. I look for Keegan to have a spring season filled with PR's and victories in the shot and disc. ~Andrew Petersen

IDAHO STATE UNIVERSITY

ZACK RAMOS

Throws

Sophomore

Zack is a monster in the weight room and a pleasure to coach. He not only works hard but has been extremely coachable and bought in to the program. He pushes not only himself but his teammates to get better and it creates a great weight room atmosphere. His hard work has also shown on the track earning All-Conference this indoor season in the shot put. I have no doubt he will continue to keep getting better and stronger this outdoor season. ~Brandon Rodewald

IDAHO STATE UNIVERSITY

SARAH WILENSKY

Throws

Junior

Sarah is an avid weightlifter and is extremely dedicated to the weight room. She has not only applied her hard work to exercise technique but has gone through our intern development program to learn more about strength and conditioning. She leads by example every day and her hard work earned her the strongest on the team. I am excited to watch her strength transfer to the

track and for her to continue growing as a leader in the weight room. ~Brandon Rodewald

IOWA STATE UNIVERSITY

CAILIE LOGUE

Senior

Cailie excelled as a leader of the team in weight room her senior year. In her first year under a new strength program Cailie embraced new challenges and reached new personal records in her strength metrics in the weight room and faster times on track. Everyday Cailie pushed herself to new limits, and led with her actions and words that helped elevate the efforts and strength of the team. Congratulations Cailie, add another All American honor to your list of accolades, this time an All American in strength! ~Ben Durbin

LIPSCOMB UNIVERSITY

FRANZISKA DECKER

Multi

Junior

Franzi is a great person and it is an honor to work with her in the weightroom. She comes early, works hard, and stays extra. Franzi battles to become better every day and is an example to everyone, including myself, of what it means to strive for greatness. Thank you for all you do and I'm proud to be a part of your journey!

- Coach Vantrese

LIPSCOMB UNIVERSITY

BENJAMIN UNDERWOOD

Senior

It is an honor to nominate Ben as our male All American Athlete of the Year. Ben majors in exercise science and has a desire to work hard to be successful. I am very proud of how Ben has improved his clean and hang clean while showing a great dedication to maximize his efforts in the weightroom. I am proud to work with Ben each week and look forward to his bright future ahead!

- Coach Vantrese

COLLEGE — TRACK AND FIELD

MARYVILLE UNIVERSITY

CASEY BERBERICH

Senior

Casey has shown and continued to be a leader both on the track and in the weight room. She has used her time in the weight room to continue building strength and resiliency to aid in her performance. She competes in one of the toughest events the Pentathlon; requiring strength, power, endurance, and resilience. Some of her career highlights include being named to COSIDA Academic All-District, GLVC Field Athlete of the Year, Pentathlon National Qualifier and GLVC Pentathlon Champion, and being part of the 4x400m Relay Team School Record. ~Jake Fitts

MCMURRY UNIVERSITY

CALEB KWIATKOWSKI

Sprints

Junior

Caleb is an exceptional athlete, but more importantly a student coach. He takes on the role of running his team through their workouts when their coaches are not available. He assists with showing his team the trainings from their strength coach when he is not available before completing his own training. A true All-American in my eyes. ~Zak Snell

ROCHESTER INSTITUTE OF TECHNOLOGY

MATT FUNICELLI

Thrower

Junior

Matt is one of our strongest student-athletes, holding multiple current and all-time weight room records. Matt has demonstrated significant growth and maturity during his time at RIT. He has developed great habits, takes time for mobility, prehab and refined his movement technique. Matt's hard work has resulted in great success in the circle. Currently has a Hang Clean of 305#, Front Squat of 320# and Bench Press of 280# as well as a 32.5" HOH Vertical Jump. ~Ryan Kelly

SACRED HEART UNIVERSITY

KAYLEE STENDEROWICZ

Junior

She is an outstanding athlete on and off the track. She shows up everyday and gives it her all, all while pushing those around her to get better. ~Keith Parker

SAINT JOSEPH'S COLLEGE OF MAINE

JULIE UNCZUR

Sprints/Jumps

Senior

Julie is an impressive student-athlete and has left an incredible impact on the Strength & Conditioning program on campus. Julie has always been extremely motivated and coachable in the weight room and is always open to new ideas. As an athlete, she has improved many of her personal records by being committed to developing her strength and power. Additionally, this past fall Julie served as an intern within our department and did a phenomenal job interacting and coaching our athletes. She will continue serving and helping people as she pursues her Doctorate in Physical Therapy after graduation. Julie is a tremendous role model for all student-athletes at Saint Joseph's and between her work as an athlete and her role as a coach, there is no one more deserving than her of this award. ~Jameson Collins

SALISBURY UNIVERSITY

JUSTIN SPEIRS

Senior

Justin comes in everyday with great energy, passion and effort. As a veteran leader of the team Justin motivates and helps others that may not know what to do or exactly how to do it. He truly deserves this award because of his focus toward strength and conditioning and his drive to be best teammate and athlete that he can be. ~Matt Nein

COLLEGE — TRACK AND FIELD

SPRINGFIELD COLLEGE

KATHRYN BONANNO

Distance

Sophomore

ate qualified for Women's Division III New England Championships in the 1-mile run this past indoor season and is consistently a top point scorer for the women's cross country team. She also puts herself in a position to make Dean's List academically each semester. ~Tyler Stasiowski

STEPHEN F. AUSTIN STATE UNIVERSITY

MATHILDE COQUILLAUD-SALOMON

Multi

Junior

She was the Southland Conference 60m hurdles(indoor),100m hurdles(outdoor), 400m hurdles(outdoor) champion in 2021. Runner up in the 2021 indoor pentathlon, and a member of the runner up 2021 indoor 4x400m relay. Mathilde is an example to follow off the field as well, she was an all-conference academic selection in 2021. ~Joshua Stoner

STONY BROOK UNIVERSITY

KYRIA MOORE

Thrower

Senior

Kyria is a natural leader in and out of the weight room. She shows up and goes above and beyond what she is asked to do. She is a powerhouse, holding the highest back squat and front squat on the record board at 315lbs and 245lbs respectively, and has the second highest hang clean at 185lbs. Kyria's strength translates over to her throws as she recently broke her own program record in the weight throw at 17.07 meters this winter season at the Scarlet and White Invite giving her a first place finish. She is top 10 in the America East conference in both shot put and weight throw. ~Kristen Cole

UNIVERSITY OF CONNECTICUT

BEN GROSSE

Multi

Senior

Ben brings a passion, excitement, competitive fire and energy into the weight room that is second to none. His consistency with these traits is unlike many I've ever seen. He is unwavering, daily, regardless of the time of year or focus of the programing. It is infectious and inspiring. In addition to Ben's consistent passion, work ethic and energy towards his own training, he also leads, motivates and supports his teammates. Ben upholds and raises the standards of our program by challenging himself as well as challenging and supporting those around him regularly. He contributes a great deal towards making the environment and the team better. As a strength and conditioning coach, if I could write out both my ideal approach to training and characteristics for a collegiate student-athlete, it would sound a lot like Ben. Ben has consistently ranked within the top 10 of the roster in regard to our testing and assessment battery, being as high as 2nd overall last September. His vertical jump of 32.5 inches ranked 5th overall and 4th on a relative average power scale. This past Fall Ben improved his back squat by 40lbs and his hang clean by 15lbs. - Mike Rozzi

COLLEGE — TRACK AND FIELD

UNIVERSITY OF CONNECTICUT

TAYLOR WOODS

Sprints & Long Jump

Senior

Taylor is one of the most talented and gritty student-athletes that I have ever coached. The more important aspect of that compliment is her grit and desire match her talent. The first day she walked into our weight room and saw our Strength & Conditioning Recognition board, she told me her name will be up there. Despite battling through injuries her entire career, she was right. her name has been on that board...multiple times. Taylor has been voted a team captain five times throughout her career at UConn. The character traits that one would associate with a 5x team captain are not limited to the track. Taylor brings those same traits into the weight room. She brings desire, work ethic, and leadership both by example and vocally. She consistently pushes herself while motivating and supporting her teammates. Taylor has played a vital role in elevating this program's standards and expectations in many ways, including how it approaches training. She has ranked among the top 3 of the roster in regard to our testing and assessment battery every time she participated. Last September she ranked tied for 2nd overall. In November, she elevated that to 1 overall by a large margin. Taylor improved her back squat by 57lbs and ranked 1st both relatively and absolute. She tied for 1st in vertical jump with 26 inches and was top 5 in hang clean. - Mike Rozzi

UNIVERSITY OF NORTH DAKOTA

ERICA BENSON

Multis

Senior

Erica has been an incredible athlete to work with the past 4 years. Her dedication to school and sport over the years has given her many accomplishments. In school she has awarded to All-Academic teams while pursuing a Nursing Degree. In sport she has been awarded 5 All-Conference honors. 3 of them coming in the Indoor Pentathlon,1

coming in the Outdoor Heptathlon, and 1 in the Outdoor High Jump. Her dedication to the weightroom has no doubt aided her in her athletic accomplishments. Her work ethic and dedication are a great example to all of her teammates. With Outdoor season coming up, I am excited to see her finish her career strong. ~Alex McKee-Crow

UNIVERSITY OF PROVIDENCE- GREAT FALLS

NASH GRAFE

Sophomore

Nash represents everything that you could ask for in an athlete. He is self motivated, disciplined, and always prepared. He makes sure to keep his body functioning properly and efficiently each day. Nash always comes by my office and asks questions about what he can/should be doing to keep his body healthy and strong. His work ethic speaks for itself and he rarely takes a day off. Nash is a high character guy and gets his teammates fired up! ~Will SeEVERS

UNIVERSITY OF PROVIDENCE- GREAT FALLS

JILLIAN SANCHEZ

Thrower

Senior

Jillian is the heart and soul of the throwers. She is very outspoken and tells it like it is. Her brash personality works for team dynamics and creates a competitive and disciplined team culture/environment. I have been impressed with Jillian's capacity to endure the grueling thrower's off-season training and her ability to step up and hit her marks when the lights are bright. ~Will SeEVERS

COLLEGE — TRACK AND FIELD

UNIVERSITY OF SOUTHERN MAINE

HANNAH CORBETT

Thrower

Sophomore

Hannah's strength improvements have come along with improved event performances. She has already seen 2+foot improvement in shot put and 6+ feet in the weight throw. Her better lifts include 155 clean and 230 squat.

~James Giroux

VASSAR COLLEGE

FAYE STEVENS

Multi

Freshman

Faye Stevens is full of energy and hard work. Faye arrives with a smile on her face ready to conquer the hardest of workouts. She easily motivates everyone around her. One's ability to move their body weight can often get overlooked but Faye reps out push-ups and chin-ups with ease while also launching herself over seven feet in a broad jump. This combination of energy and hard work sets her apart. ~Alice Read

WEST TEXAS A&M UNIVERSITY

QUINTON SANSING

Sprints

Senior

Quinton is an individual who is a joy and a pleasure to coach. Quinton works extremely hard and has persevered through a lot. He pushes himself daily because he understands the correlation between hard work in the weight room and success out on the track. Quinton comes into the weight room each day with a positive attitude and focused mindset to get better. Quinton is an incredible athlete and a joy to coach everyday. ~Jacob Saulnier

WEST TEXAS A&M UNIVERSITY

MIRIAM ZANOVELLO

Jumper

Junior

Miriam is the athlete that every strength coach wants in the weight-room. She brings a contagious positive energy, an unmatched competitive edge, and puts her head down to get the work done. Her positive qualities translated to her success in her 2021 Outdoor season where she earned her First Team All-American, CoSIDA Academic All-District, and Second Team All-Lone Star Conference. Miriam is the athlete who will come up with solutions, never making excuses for herself in the classroom, in her sport, or in the weight-room. Not only does Miriam achieve personal success, she leads with her actions to help others improve and never hesitates to lend a helping hand to those in need. Her efforts and constant competitive edge will surely continue to bring her success in her sport, in the weight-room, in the classroom, and beyond her time in collegiate athletics.

~Sophia Kennedy